

Analysis of personal characteristics of oncologic patients at the stage of psychological adjustment

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Abstract

© Medwell Journals, 2015. The study describes experimental psychognostic study of personal characteristics of thyroid cancer patients after curative antineoplastic therapy. The empiric framework of the study relies on the results of diagnosis of 175 persons. From among them the treatment group 120 persons ill with thyroid carcinoma after curative antineoplastic therapy, during the long-term postoperative period (2-4 years) without disease recurrence during the study period. And the control group 55 donors registered with the Kazan municipal blood transfusion station as those without chronic diseases. The personals status of the thyroid carcinoma patients was investigated with the use of the psychognostic questionnaires: Mini-Mult, one of the most famous abridged versions MMPI (Minnesota Multiphasic Personality Inventory); Spielberg's anxiety scale (State-Trait Anxiety Inventory (STAI)); WAM (Well-being, Activity, Mood). The relevance of the study performed consists in determination of the long-term personal characteristics of thyroid carcinoma patients after curative antineoplastic therapy under conditions of the mindset training with the use of the method of 'progressive muscular relaxation after Jacobson' as well as other psychotherapeutic methods for improvement of the psychological status of oncologic patients. The psychotherapeutic measures were aimed at optimization of the mental state: relieving the psychic and muscular strain caused by stress: reducing the state and trait anxiety. The results of the long-term psychological diagnosis of the thyroid carcinoma patients after curative antineoplastic therapy show that the detected differences between the personal traits (scales for hypochondria, depression, hysteria, psychastenia, schizogony of the Mini-Mult test) and indicators of correlation thereof in the group of patients cured from the thyroid carcinoma and in the control group are significant ($p < 0.0001$). The use of the developed program of psychological adjustment including the Method of Progressive Muscular Relaxation (MPMR: Jacobson) has significantly ($p < 0.05$) improved the mental state (the index 'well-being' of the CAH-test, 'the state anxiety' by the STAI scale), the significant changes in the personality profile of the patients that have completed the training (the indexes of the scale for hypochondria, depression, hysteria, psychastenia were reduced, the indexes of the scale for optimism or hypomania of the Mini-Mult test were increased).

Keywords

Anxiety, Hypochondria, Muscular relaxation, Patients with thyroid carcinoma, Psychological status